



ADDITIONAL
**CLASS
DAY**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Starting July 3, Tabata classes will be offered
both on Tuesdays/Thursdays and
Saturday mornings.

TABATA CHALLENGE

What is TABATA?

Tabata is all about maximum effort in minimal time. This high-intensity workout will push you to your limits with 8 dynamic exercises. Each exercise alternates between 20-second intervals of all-out (100% max) effort and 10-second intervals of rest for a total of eight rounds.

Why Choose TABATA?

Burn Fat Fast: Torch calories and melt away fat quickly.

Efficient Workout: Get maximum benefits in minimal time.

Boost Speed and Endurance: Perfect for enhancing your fitness level.

Class Highlights:

For Mid- to Advanced-Level Enthusiasts: This class is designed for those who are ready to challenge themselves.

Dynamic Structure:

- Energizing Warm-Up
- Heart-Pounding Tabata Workout
- Relaxing Cool Down with Stretching
- Insightful Q&A on Nutrition for Optimal Results

WHEN?

Saturdays at 8 am and Tuesdays and Thursdays at 6:15 am.

Join us for an electrifying session that will leave you feel empowered and accomplished. Don't miss out on the ultimate workout experience!

